



# Cinnamon-Topped Whole Wheat Zucchini Bread

 Dairy Free

READY IN



205 min.

SERVINGS



32

CALORIES



105 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

## Ingredients

- 3 cups zucchini shredded (2 to 3 medium)
- 1.7 cups sugar
- 0.7 cup vegetable oil
- 2 teaspoons vanilla
- 4 eggs
- 3 cups flour whole wheat
- 2 teaspoons baking soda

- 1 teaspoon salt
- 1 teaspoon ground cinnamon
- 0.5 teaspoon double-acting baking powder
- 3 tablespoons sugar
- 0.5 teaspoon ground cinnamon
- 1 tablespoon butter cold

## Equipment

- bowl
- frying pan
- oven
- wire rack
- loaf pan
- toothpicks

## Directions

- Move oven rack to low position so tops of pans will be in center of oven.
- Heat oven to 350°F. Grease bottoms only of 2 (8x4-inch) loaf pans or 1 (9x5-inch) loaf pan with shortening or cooking spray.
- In large bowl, stir zucchini, 1 2/3 cups sugar, the oil, vanilla and eggs until well mixed. Stir in remaining bread ingredients; mix well. Divide batter evenly between 8-inch pans or pour into 9-inch pan.
- In small bowl, mix topping ingredients with fork until crumbly. For 8-inch loaves, sprinkle evenly over batter in both pans. For 9-inch loaf, sprinkle over batter in pan.
- Bake 8-inch loaves 50 to 60 minutes, 9-inch loaf 1 hour 10 minutes to 1 hour 20 minutes, or until toothpick inserted in center comes out clean. Cool in pans on cooling rack 10 minutes.
- Loosen sides of loaves from pans; remove from pans and place top side up on cooling rack. Cool completely, about 2 hours, before slicing. Wrap tightly and store at room temperature up to 4 days, or refrigerate up to 10 days.

## Nutrition Facts



■ PROTEIN 8.54% ■ FAT 17.66% ■ CARBS 73.8%

## Properties

Glycemic Index:8.04, Glycemic Load:8.11, Inflammation Score:-1, Nutrition Score:4.0717391319897%

## Flavonoids

Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

## Nutrients (% of daily need)

Calories: 104.69kcal (5.23%), Fat: 2.14g (3.29%), Saturated Fat: 0.44g (2.76%), Carbohydrates: 20.12g (6.71%), Net Carbohydrates: 18.75g (6.82%), Sugar: 11.91g (13.23%), Cholesterol: 20.46mg (6.82%), Sodium: 160.93mg (7%), Alcohol: 0.09g (100%), Alcohol %: 0.24% (100%), Protein: 2.33g (4.66%), Manganese: 0.5mg (24.86%), Selenium: 8.74µg (12.48%), Phosphorus: 57.01mg (5.7%), Fiber: 1.37g (5.48%), Magnesium: 18.28mg (4.57%), Vitamin B1: 0.06mg (4.27%), Vitamin B6: 0.07mg (3.72%), Vitamin B2: 0.06mg (3.37%), Iron: 0.57mg (3.14%), Vitamin B3: 0.62mg (3.08%), Copper: 0.06mg (2.88%), Zinc: 0.4mg (2.69%), Folate: 10.34µg (2.58%), Vitamin C: 2.09mg (2.53%), Vitamin K: 2.43µg (2.31%), Potassium: 79.98mg (2.29%), Vitamin B5: 0.18mg (1.77%), Vitamin E: 0.24mg (1.61%), Vitamin A: 69.89IU (1.4%), Calcium: 13.7mg (1.37%)